THE RULE

COMMUNITY OF ST. MARTHA

I Spiritual Exercises

A. Prayer

1. Attendance daily in House Chapel at
   a. Morning Prayer
   b. Evening Prayer or Compline
   c. Mental prayer period

2. Reception of Holy Communion
   a. Sunday each week
   b. Prayer Book holy days
   c. Mid-weekly when practical

3. Sacramental Confession as prescribed by the Prayer Book.

4. Private devotions -- minimum of 15 minutes daily
   a. Bible reading
   b. Other spiritual reading
   c. Intercession and thanksgiving
   (Each member is to pray for each other member daily by name.)

5. Grace at meals.

6. Annual corporate retreat for Resident Members only. Minimum length, 36 hours.
   a. When possible, a monthly quiet day for each member.

B. Self-Discipline

1. Fast and abstinence when prescribed by the Prayer Book. (Abstinence defined as pertaining to the eating of meat.)

2. Each member is to have a written rule for her Lenten observance (to be determined individually with the approval of her spiritual counselor).

C. Almsgiving

1. Personal service both inside and outside the Community of St. Martha.
2. A regular pledge to one's parish church.

II Community Obligations

A. Theological Study

1. Individual (under direction) one hour weekly
2. Group (with sufficient preparation) one hour weekly

B. Regular meetings with the Chaplain--both as a group and individually every month.

C. Obedience to House Timetable

1. Silence in the House after 9:30 P.M. until after close of Morning Prayer; also for any member before her Communion.

2. When a member is on vacation, travelling, or away from the House in the evening
   a. She will not be required at present to say the daily Offices or to keep the silence after 9:30 P.M.
   b. The rule of fasting and abstinence will be subject to the rule of charity.
3. The Head of the Community shall have the authority at her discretion to dispense for good reason any member from prescriptions of the Rule which do not involve the precepts of the Church.